

# Leave No Trace PRINCIPLE #1: PLAN AHEAD AND PREPARE



## SUGGESTED GEAR LIST FOR PICTURED ROCKS NATIONAL LAKESHORE SUMMER CAMPING (which can get cool too!)

### Personal Clothing:

- Wool socks
- Wool hat
- Light pair wool pants
- Wool shirt
- Rain jacket and pants
- Hiking boots that are broken in and a pair of smooth soled tennies or sandals to wear around camp which won't tear up the ground so much
- Long john tops and bottoms
- Baseball hat
- Pair of zip off long pants/shorts
- Pile jacket and wool sweater
- T shirt

### Personal Gear:

- Sunscreen, sunglasses
- Insect repellent
- Comb/brush
- Antibacterial hand cleaner or handi-wipes work good!
- Toothpaste and brush
- Lip balm
- First aid kit including moleskin

### Camping Gear:

- Backpack
- Water filter
- Bag of gorp
- Fuel in fuel container
- Trowel for digging catholes
- Sleeping bag
- medicines
- pocket knife or leatherman
- plastic whistle
- candle lantern
- Cook stove with spare parts, cup, bowl, spoon, pot with lid
- Food stored in ziplocks that can easily cooked in one pot with water
- A nylon food bag you will hang up out of reach of bears and raccoons
- Non-soap cleaner for pots and cups - like "camp suds"
- Small notepad and pencil in ziplock bag
- small strainer to strain out remaining food scraps and put into pack out trash bag
- Tent with rainfly, ground tarp
- Water bottles (2)
- Parachute cord rope
- Lighter
- Sleeping pad
- Headlight and extra batteries
- camera and film
- small amount of duct tape
- map and compass
- watch

### Things to leave at home:

- Boomboxes, radios
- Cans, glass bottles
- Toilet paper - leaves work fine! You can do it!!!
- Cotton clothing - when wet it can make you cold unlike wool!
- Pets

Pictured Rocks National Lakeshore

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